

# PATIENT INFORMATION

## COMMON DENTAL CONDITIONS

### WHAT IS A TRUE, SEVERE DENTAL EMERGENCY?

Please call the practice to speak to one of our clinical team members who will initially triage you, if you have the following:

- Large infection causing swelling, difficulty swallowing
- Severe dental pain which is keeping you awake at night or is constant that cannot be managed with painkillers
- Sharp tooth which has caused a severe laceration to the tongue or cheek
- Trauma which has resulted in loose or a lost adult tooth
- Bleeding following an extraction that does not stop after 20 minutes of solid pressure with a gauze/clean hanky (a small amount of oozing is normal, just like if you graze your knee)

### HOW TO MANAGE DENTAL PROBLEMS AT HOME

#### TOOTHACHE

- If you start to experience toothache then regular painkillers can help, but please be careful and ensure you do not exceed the recommended dose!
- It is important to know that **antibiotics DO NOT** always help with toothache and are only used in certain cases

#### HOLE/BROKEN TOOTH

- If there is a hole in the tooth, or the tooth has cracked a temporary filling can be packed in to the space
- These can be purchased from your local pharmacy or online for example from Boots

#### PREVENTION

- Good oral hygiene and regular brushing (**twice a day**) with a fluoride toothpaste is very important to keep your teeth and gums healthy
- Reducing your sugar intake will help to ensure any existing decay does not get any worse

#### SENSITIVITY

- Desensitising/sensitive toothpastes (like **Sensodyne repair & protect**) can help. Rub the toothpaste directly on to the affected area and do not rinse afterwards
- Anaesthetic gel such as **Orajel** can also help to ease the pain

#### ULCERS

- Warm salt mouth washes
- Avoid chewing on that side
- Avoid spicy or acidic foods/drinks
- Anaesthetic gel such as **Orajel** can also help to ease the pain

#### WISDOM TOOTH PAIN

- Warm salt mouth washes and/or **Corsodyl mouthwash (please ensure that you do not have an allergy to Chlorhexidine before using this mouth wash)**
- Good Oral hygiene
- Eat soft foods (nothing crunchy/hard)
- Avoid chewing on the side of pain,
- Painkillers if required

#### NON URGENT, MAY NEED TO WAIT

- Loose or lost crowns, bridges or veneers
- Broken, loose or lost fillings. Chipped teeth with no pain. Broken, rubbing or loose dentures
- Bleeding gums